

IN THE CLAIMS:

Claims 1-3 (Canceled)

4. (Currently Amended) An incremental weight training apparatus, comprising:

a standard barbell;

a set of standard free weights; and,

at least one incremental weight from a group of incremental weights including a plurality of incremental weights ranging in weight from about one quarter ounce to about thirty two ounces, wherein the plurality of incremental weights includes an incremental weight selected from the group consisting of a one quarter-ounce weight, a one half-ounce weight, a one-ounce weight, and a two-ounce weight, and wherein each the incremental weight comprises a thin disk having a center opening adapted to receive the standard barbell and a slot extending from the center opening to the perimeter of the disk.

5. (Original) The incremental weight training apparatus of claim 4 wherein the plurality of incremental weights comprises at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight.

6. (Original) The incremental weight training apparatus of claim 5 wherein the plurality of incremental weights further comprises at least one quarter-ounce weight.

Claim 7 (Canceled)

8. (Currently Amended) An incremental weight training apparatus, comprising:

a cable-type weight training apparatus; and,

at least one incremental weight from a group of incremental weights including a plurality of incremental weights ranging in weight from about one quarter ounce to about thirty two ounces, wherein the plurality of incremental weights includes an incremental weight selected from the group consisting of a one quarter-ounce weight, a one half-ounce weight, a one-ounce weight, and a two-ounce weight, and wherein each the incremental weight comprises a thin disk having a center opening and a slot extending from the center opening, the slot being adapted to receive a weight-bearing cable of the cable-type weight training apparatus.

9. (Original) The incremental weight training apparatus of claim 8 wherein the plurality of incremental weights comprises at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight.

10. (Original) The incremental weight training apparatus of claim 9 wherein the plurality of incremental weights further comprises at least one quarter-ounce weight.

11. (Previously presented) The incremental weight training apparatus of claim 8 wherein the center opening is adapted to receive a standard barbell.

Claims 12-14 (Canceled)

15. (Currently Amended) A method of incrementally increasing a person's strength by ~~incremental~~ incrementally increased weight training, the method comprising the steps of:

selecting a starting weight training resistance on one of a standard barbell and set of free weights or a cable-type weight training apparatus;

executing a weight training exercise during a workout at the selected starting weight training resistance;

selecting at least one incremental weight from a ~~plurality group~~ of incremental weights including ~~an incremental weight selected from the group consisting of~~ a one quarter-ounce weight, a one half-ounce weight, a one-ounce weight, and a two-ounce weight;

adding the at least one incremental weight to the starting weight training resistance to provide an incrementally increased weight training resistance, the incrementally increased weight training resistance being increased in increments of less than about five-ounces; and,

executing ~~the~~ an incrementally increased weight training exercise during a subsequent workout at the incrementally increased weight training resistance ~~during a subsequent workout,~~

to consistently achieve small incremental ~~gains~~ increases in strength without causing injury and/or failure.

16. (Original) The method of claim 15 wherein the incremental weights comprise at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight.

17. (Previously presented) The method of claim 16 wherein the incremental weights further comprise at least one quarter-ounce weight.

18. (Previously presented) The method of claim 15 wherein the incremental weights comprise a thin disk having a center opening adapted to receive a standard barbell and a slot adapted to receive a weight-bearing cable of a cable-type weight training apparatus.

19. (Previously presented) The method of claim 15 wherein the starting resistance comprises a standard barbell and standard matched free weights.

20. (Original) The method of claim 15 wherein the starting resistance comprises a weight resistance selected from a cable-type weight training apparatus.